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HIGHLAND PARK PRESCHOOL

Open House
January 17, 2024
5.30 to 7:30 pm

Stop by to see the classroom and meet the teachers.

3716 2 Street NW

Registration for September 2024 will open in January

Fall 2024 registration opens in January
Visit our website to learn more.

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preschool@hpc.ca | 403-276-6969

www.hpc.ca/preschool



Fresh Start Recovery



HIGHLAND PARK COMMUNITY **SENIORS' LUNCHEON**

Next Lunch: Tuesday, December 12 at noon

Coffee/tea served at 11:30 am

\$6 per person for HPCA members

\$10 per person without membership

HPCA seniors' membership is \$5 per year

Contact seniorscoordinator@hpc.ca or

587-439-7263 to register to attend.

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Editorial
Content
10
DEADLINE

of each
month
for the next
month's issue

Highland Park Community Association

☎ 403-276-6969 📍 3716 2 St NW

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COMMUNITY CONTACTS

Website	www.hpca.ca
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Facility Rental Availability Calendar	hpca.ca/hall-calendar
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Volunteer Coordinator	volunteer@hpca.ca
Block Connector/ Human Library	connections@hpca.ca
Activity Kits Booking and Info	activitykits@hpca.ca
Community Social Worker	Jennifer Dimarzo jennifer.dimarzo@calgary.ca
Ward 4 Councillor	Sean Chu, 403-268-3727 sean.chu@calgary.ca
Police Service	Cst. Raeann Watson, District 3 pol5218@calgarypolice.ca, 403-860-8027
Bylaw Infractions	Call 311 or complete form on line at: www.calgary.ca/311online

Highland Park Hall Rental Rates

Phone: 403-276-6969

www.hpca.ca/hall-rental

We welcome rental enquiries for our facilities. We offer a choice in hall size, a kitchen with an updated stainless steel appliances, a portable bar, a projector, sound system, and loads of tables and chairs.

Rental Rates:

Main Hall – 186 person capacity

\$550/day (8:00 am to 10:00 pm) or \$55/hour; \$500 damage deposit.

North Hall – 60 person capacity

\$400/day (8:00 am to 10:00 pm) or \$44/hour; \$400 damage deposit.

There is a once per year 25% discount for HPCA area residents with a current membership.

All rentals are subject to GST.

Our facilities can only be rented until 10:00 pm.

The Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. You can pay in two ways: 1) by e-transfer to our Board Member, Anne Naumann, at AnneNaumann@shaw.ca before 4:00 pm on the Monday order date, or 2) with cash or cheque at the hall on the order date, between 6:00 and 7:00 pm. The pick-up date and time for the ordered boxes is always on a Thursday, at the HPCA hall between 6:00 and 7:00 pm.

Large Box: 45 to 50 lbs = \$40

Medium Box: 35 to 40 lbs = \$35

Small Box: 25 to 30 lbs = \$30

For more information, contact our volunteer, Ellen Peterson, at GoodFoodBox@HPCA.ca.

ORDER DATE:

PICK-UP DATE:

Monday, December 4

Thursday, December 14

UPCOMING EVENTS AND ACTIVITIES

As always, for more information about the events below, please contact our Volunteer Coordinator, Anne, at Volunteer@HPCA.ca or our Hall Manager, Stephen, at HallManager@HPCA.ca or 403-276-6969. Events are listed in chronological order, with ongoing events first. There are also often additional details on our website if you scroll down to Upcoming Events on HighlandParkCommunity.ca. You can sign up for our email list and follow HPCA on our social media sites there too.

Friday Night Fires

Join our volunteer Dee, who hosts a campfire at the Highland Park grounds every Friday evening starting 6:00 pm, unless the weather is terrible (rainy, too cold, etc). Feel free to bring your own blanket to wrap up in, and something to roast over the fire (like hot dogs or marshmallows) and your own roasting sticks.

Good Food Box

Reminder that due to changes implemented by the provider of the program, Community Kitchen Program (CKP), we have shifted our order dates back by one day each month to meet the revised CKP deadlines for submitting our orders. So, from now onward, our order dates are on Mondays. CKP has added a December order date again this year, so the remaining order dates in 2023 will be December 4, for pickup on the Thursday ten days later, between 6:00 and 7:00 pm from our hall lobby. Prices for boxes are \$30 for a Small, \$35 for a Medium, and \$40 for a large box. You can still order in person with our lead volunteer, Ellen, at our hall between 6:00 and 7:00 pm on the order date, or you can e-transfer payment to our Board member, Anne, at AnneNaumann@shaw.ca with a note regarding what box sizes you want, and we'll submit your order.

Seniors' Luncheon

This monthly event is on the third Tuesday of the month, although the December one may be shifted to a different date, as it sometimes conflicts with other commitments for our partner, Fresh Start, whose staff prepare the amazing meals in their commercial kitchen. A huge thanks goes out to the Fresh Start Recovery Centre folks for their ongoing support of this program. The next luncheon will be on Tuesday, December 12 but advance registration is required by contacting our volunteer Roz, at SeniorsCoordinator@HPCA.ca.

Crafty Christmas Holiday Market

Saturday, December 9 from noon to 4:00 pm at our hall. Volunteers are needed for various positions and times for this event, including set-up before and tidy-up afterward; contact Volunteer@HPCA.ca. If you want to book a table as a Vendor to sell your wares, please go to our website and navigate to Community Connections, then Events, click on the Market event headline, then on the Vendor Registration button. Our volunteer Amrit (CommunityConnections@HPCA.ca) will get back to you.

HPCA Outdoor Rink

If you want to join our group of volunteers who ensure we have a wonderful ice surface for winter skating, please contact Anne at Volunteer@HPCA.ca. We will aim to have it ready for skaters by the Christmas break and maintained in good condition through the spring. Note, we generally leave at least one shovel out near the light pole between the rink and the hall. Rink users are asked to use it to shovel ice chips and fresh snow off the rink and return it to the pole for the next person to use.



The poster for 'Crafty Christmas' features a dark red background with white and gold text. At the top right is the HPCA logo. The main title 'Crafty Christmas' is written in a large, elegant cursive font. Below it, in smaller white capital letters, is 'A HOLIDAY GATHERING OF THE MOST TALENTED CREATORS'. A dark teal circular badge on the right side contains the date and time: 'Dec. 9th, 12 PM - 4 PM'. The event details are listed in white text: '20 + Diverse Local Vendors', 'Handmade goods Arts & Crafts', 'Games and Activities for Kids', and 'Photo Booth'. At the bottom, the HPCA Association address is provided: '3716 2 St NW, Calgary, AB T2K 0Y4', along with the website 'www.hPCA.ca/events'. The poster is decorated with stylized white and gold starburst patterns and a gold wreath on the right side.

HIGHLAND PARK
PRESENTS
*Crafty
Christmas*
A HOLIDAY GATHERING OF THE
MOST TALENTED CREATORS
Dec. 9th,
12 PM - 4 PM
20 + Diverse Local Vendors
Handmade goods Arts & Crafts
Games and Activities for Kids
Photo Booth
HIGHLAND PARK COMMUNITY
ASSOCIATION
3716 2 St NW,
Calgary, AB
T2K 0Y4
www.hPCA.ca/events

DECEMBER 2023 HIGHLAND PARK HALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 MH 6:30 to 9:30pm YDS Canada	2 NH 8:00 am to 4:00 pm Thurston MH 5:00 to 10:00 pm UPAAA MHB 6:00 to 8:00 pm GraceNotes Music
3 All Halls 8:00 am to Noon MHB until 2:00 pm Peace Church MH 3:00 to 7:00 pm Deato	4 MH 6:30 to 9:00 pm Bunbukan Karate 6:00 to 7:00 pm Good Food Box Order	5 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	6 MH 5:30 to 10:00 pm Big Bucks Cornhole	7 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	8 MH 6:30 to 9:30 pm YDS Canada	9 MH, NH 8:00 am to 5pm HPCA MH, MHB 7 to 10pm Peace Church NH 6 to 8pm GraceNotes Music
10 All Halls 8:00 am to 1:00 pm MHB until 2:00 pm Peace Church MH 4:00 to 9:00 pm Oloyede	11 MH 6:30 to 9:00 pm Bunbukan Karate	12 NH 11:30am to 1:00pm HPCA Seniors Luncheon NH 6:00 to 7:00pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	13 MH 5:30 to 10:00 pm Big Bucks Cornhole	14 MH 9:00 am to 1:00 pm Child Development Day homes NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts 6:00 to 7:00 pm Good Food Box Pickup	15 MH 6:30 to 9:30 pm YDS Canada	16 MH 10:00 am to 1:00 pm TheBahais of Calgary NH 1:00 to 4:00 pm Khan MH 5:00 to 10:00 pm AM Property Management
17 All Halls 8:00 am to Noon MHB until 2:00 pm Peace Church MH 1:00 to 7:00 pm Tuazon	18 MH 6:30 to 9:00 pm Bunbukan Karate	19 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	20 MH, NH 8:00 am to 4:30 pm HPCA MH 5:30 to 10:00 pm Big Bucks Cornhole	21 MH, NH 8:00 am to 4:30pm HPCA NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	22 MH 6:30 to 9:30pm YDS Canada	23 MH 3:00 to 9:00 pm Duong
24 All Halls 8:00 am to Noon MHB until 2:00 pm Peace Church MH 3:00 to 7:00 pm Anglican Network Churches of the Good Shepherd	25 Closed	26 MH 7:00 to 9:00 pm Forge Martial Arts	27 NH 4:30 to 10:00 pm Bersamina	28 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	29 MH 6:30 to 9:30 pm YDS Canada	30 Available for Rent
31 All Halls 8:00 am to Noon MHB until 2:00 pm Peace Church No evening rental available						

For the latest hall calendar, please visit hPCA.ca/hall-calendar.

HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

We are seeing a number of land use change (LOC) and development permit (DP) applications coming to Highland Park which range in scale from semi-detached homes to rowhouses, usually all with suites. The housing supply shortage affecting Calgary's rapidly growing population is helping spur redevelopment. Highland Park and other older, established communities that have regular and frequent transit service are experiencing much of this redevelopment activity. The same social and economic conditions affecting housing supply in Calgary are being experienced in other provinces and large urban centres such as Vancouver or Toronto. A review of news articles on BC's recently proposed legislative changes provides insight into planning trends across the country as governments attempt to deal with the housing shortage. One action that is being taken in various jurisdictions is to change single and duplex zoning to allow more units per parcel. This is similar to a recommendation in the Calgary Housing Strategy to revise current single and duplex family zoning to R-CG zoning here in Calgary. It should be noted that this recommendation has not been passed by Calgary City Council and would be subject to a public hearing first.

The following land use changes were approved by Calgary Planning Commission and are being forwarded to Council for public hearing:

- LOC2023-0054 for a change to H-GO for the six properties at 204 to 224 40 Ave NW. Council hearing is scheduled for December 5.
- LOC2023-0184 for a change to H-GO for 4023 Centre B St NW is also scheduled for a hearing at Council on December 5. There is no DP application yet.
- LOC2023-0184 for a change to R-CG at 4216 2 St NW is scheduled for January 16 at Council. There is no DP application yet for the property.

Additional land use change applications that are pending, submitted or under review are:

- LOC2023-0256 for a change of zoning to H-GO at 458 33 Avenue NW. It should be noted that 4 Street NW is designated a Neighbourhood Connector in the *North Hill Communities Local Area Plan* and therefore subject to higher density. The developer is contemplating

a three-storey five-unit rowhouse with suites, but no plans have been filed with the City yet. We are urging that R-CG would be more appropriate, with its somewhat lower density and building height allowances than H-GO.

- LOC2023-0330 for R-CG zoning at 3503 Centre A St NE.
- Not yet submitted is a possible application for H-GO zoning at 3412 1 St NW. Although we appreciate receiving advance notice of this potential application by the developer, we have informed them and the city that, in our opinion, this zoning does not conform to the land use bylaw for a residential street two blocks from Centre St.

Recently approved DPs included:

- DP2023-07083 for a semi-detached with suites at 336 33 Ave NE.
- DP2023-06230 for a semi-detached with suites at 3611 2 St NW.

DPs currently under review:

- DP2023-07472 for a multi-residential development of two buildings containing four units and four suites in total at 116 43 Ave NE.
- DP2023-05622 at 420 37 Ave NW for a three-unit rowhouse with basement and garage suites.
- DP2023-07222 for a semi-detached with suites at 417 36 Ave NW.
- DP2023-07192 for a semi-detached with suites at 420 32 Ave NW.
- DP2023-07119 at 3412 Centre St NW for a semi-detached with suites.

We encourage residents to keep track of developments in the community by means of the City's development map at <https://developmentmap.calgary.ca/>. This is your means also to submit comments or contact the assigned File Manager.

development@hpc.ca



A Can-Do Kind of Guy: Mental Health Matters

by Judy H.

We hope that children, youth, and older people of our Highland Park community are taking time to sit and rest on the Dennis Jonk "little park bench" installed beside the gardens.



Now we are happy to share that Dennis's impact on our street has been captured in a five-minute video. Thanks goes out to the expertise of Highland Park Community member Media Professional, Suresh Nair, and a generous donation from the Jonk family.

In the video, Dennis' neighbours Lilian, Ivor, and Judy have shared the impact of Dennis' life on our street in our neighbourhood. We are now working with his family to obtain their consent to share with others. We hope to upload the video to the HPCA website. We are collaborating with Calgary Centre for Suicide Prevention to use it within their Buddy-Up campaigns related to men's suicide prevention.

Hey guys, check out their website Buddyup.ca for tips on what you can do.

We plan to share the Can-Do Kind of Guy video as an introduction to our January 22, 2024, evening of information.

Please join us for our evening presentation on Suicide Awareness from 7:00 to 8:00 pm on Monday January 22, 2024, in the Highland Park Community Hall. Greg, Client Relations, is joining us along with a presenter from Calgary Centre for Suicide Prevention.

These community connections are a small token of remembrance helping us to bring some healing from the loss of Dennis, our friend and neighbour.

We know that talking openly may prevent just one suicide and hopefully reduce the stigma of silence around deaths by suicide. Please come and invite a friend, we look forward to seeing you for a cool night of education in January.

Local Contact: Calgary Centre for Suicide Prevention
www.suicideinfo.ca.

Crisis Talk line: 1-833-456-4566

Distress Centre: 403-266-4357



by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.

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HIGHLAND PARK



HIGHWOOD



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Apple Crisp

by Anne Naumann

Here's a recipe I make quite a bit, and I vary the fruit that goes into it, based on what I have available. The last Good Food Box (small size) I received contained the following: one head celery, one head iceberg lettuce, one mini watermelon, one head broccoli, three navel oranges, three honey crisp apples, two English cukes, one pound cocktail tomatoes, three barlett pears, one sweet potato/yam, one avocado, three plums, one small zucchini, two pound bag of carrots, three pound bag of onions, one head garlic, and five pound bag of yellow potatoes.

Makes six to nine servings.

Prep and Cook Time: approximately 75 to 90 minutes, including 50 to 60 minutes of baking.

Kitchen Supplies Needed: long knife, 8 x 8-inch baking dish or pan, small mixing bowl.

Ingredients:

- 6 cups of apples (cored and sliced into chunks = about 6 apples) – note can use half apples and half other fruit, I recently used three cups apples and three cups black currants
- 1 cup sugar, divided into two parts (can substitute monk fruit sweetener)
- ½ cup rolled oats
- ½ cup flour (can substitute gluten-free flour)
- 1 tsp cinnamon
- ½ cup melted butter or margarine

Directions:

1. Pre-heat oven to 350 degrees Fahrenheit.
2. Grease the baking dish with a thin layer of butter or margarine. Place the sliced apples (and other fruit) into the baking dish and distribute into an even layer.
3. Combine the dry ingredients in a mixing bowl. Work in the melted butter, until fully combined. It will be thick.
4. Drop the oat mixture by spoonful onto the fruit in the baking dish, in a relatively even layer.
5. Bake for 50 to 60 minutes until fruit is bubbling around edges, and the oatmeal top is browned. Serve as is, or with ice cream.



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Please make cheques payable to: Highland Park Community Association

Please mail cheque and this form to: Highland Community Association, 3716 – 2 Street NW, Calgary, Alberta T2K 0Y4



Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email Address: _____

**memberships also available for purchase online at hpca.ca/membership*



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HIGHLAND PARK'S BLOCK CONNECTOR PROGRAM

Join the Highland Park Block Connector Program to:

- Connect with your neighbours
- Learn about local resources and opportunities
- Create some fun on your block!

Contact Jennifer DiMarzo with the City of Calgary at jdimarzo@calgary.ca for more information.

GAMES & PUZZLES

Guess That Character!

1. Named after a month, this dark character is part of a famous fictional family and got her name from a Mother Goose nursery rhyme.
2. This character is voiced by Vin Diesel and can only rely on one line to emote throughout his screen time.
3. This quirky creature is the counterpart to Wallace in their wild escapades.
4. A cowboy being best friends with a space ranger seems unlikely, but that is exactly what this beloved children's character is.
5. This character is best known for her adventures and her bright red shoes.
6. The star of a film released in 1994, this character is best known for his love of life and chocolates.



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